

Roti

Roti (also known as *chapati*)^[5] is a *flatbread* native to the *Indian subcontinent* made from *stoneground wholemeal flour*, traditionally known as *atta*, and water that is combined into a dough.^{[6][7]} Roti is consumed in *India*, *Pakistan*,^[7] *Nepal*, *Sri Lanka*, *Singapore*, *Maldives*, *Malaysia* and *Bangladesh*. It is also consumed in parts of *Africa*, *Fiji*, *Mauritius* and the *Caribbean*, particularly in *Trinidad and Tobago*, *Jamaica*, *Guyana* and *Suriname*. Its defining characteristic is that it is *unleavened*. South Asian *naan* bread, by contrast, is a *yeast-leavened* bread, as is *kulcha*. Some people make use of an *automatic rotimaker* that cooks roti under a minute in countries such as *Australia*, *Canada*, *Singapore*, the *United States*, and the *United Kingdom*.

Roti



Indian flat roti, also known as *chapati*

Place of origin	Indian subcontinent ^{[1][2][3]}
Created by	Indus Valley Civilization ^[4]
Main ingredients	Atta flour
Variations	Chapati, Makki di roti, Rumali roti, Tandoori roti, Roti canai, Paratha
 Cookbook: Roti  Media: Roti	

Contents

- Etymology
- Variants

Indian subcontinent

Sri Lanka

Southeast Asia

Caribbean

Guyana

Suriname

South Africa

See also

Notes

References

Etymology

The word *roti* is derived from the *Sanskrit* word *रोटिका* (*rotikā*), meaning "bread".^[8] Names in other languages are *Hindi*: *रोटी*; *Assamese*: *ৰুটি*; *Nepali* : *रोटी*; *Bengali*: *রুটি*; *Sinhalese*: *රොටි*; *Gujarati*: *રોટલી*; *Marathi*: *पोळी*; *Odia*: *ରୁଟି*; *Malayalam*: *റൊട്ടി*; *Kannada*: *ರೊಟ್ಟಿ*; *Telugu*: *రోట్టి*; *Tamil*: *ரொட்டி*; *Urdu*: *روٹی*; *Dhivehi*: *ރޮޓި*; *Punjabi*: *ਰੋਟੀ*,*ਫੁਲਕਾ*; *Thai*: *โรตีส*. It is also known as *maani* in *Sindhi*, *ruti* in *Bengali* and *phulka* in *Punjabi* and *Saraiki*.

Variants

Indian subcontinent

Many variations of flatbreads are found in many cultures across the globe, from the Indian subcontinent to Africa to Oceania to the Malay Peninsula to the Americas.^[5] The traditional flatbread from the Indian subcontinent is known as roti. It is normally eaten with cooked vegetables or curries; it can be called a carrier for them. It is made most often from wheat flour, cooked on a flat or slightly concave iron griddle called a tawa.^[9] Like breads around the world, roti is a staple accompaniment to other foods.^[5] In Iran, the two variants of this bread are called *khaboos*^[10] and *lavash*. These two breads (the former of which is almost exactly prepared like Indian roti) are quite similar to other rotis.



Roti in Pakistan



Plain *roti paratha*



Indian *thali* with *chapati*



Tandoori *roti* served with other dishes in an Indian restaurant



A chef preparing *rumali roti* in India

Sri Lanka



Ceylon/Kerala-style *roti (porotta)* served with *curry*

Indian bread (chapati/roti) plain, commercially prepared

Nutritional value per 100 g (3.5 oz)		
Carbohydrates	46.36 g	
Sugars	2.72	
Dietary fiber	4.9 g	
Fat	7.45 g	
Protein	11.25 g	
Vitamins	Qty.	(%DV) [†]
Thiamine (B ₁)	0.55 mg	(48%)
Riboflavin (B ₂)	0.2 mg	(17%)
Niacin (B ₃)	6.78 mg	(45%)
Pantothenic acid (B ₅)	0 mg	(0%)
Vitamin B ₆	0.270 mg	(21%)
Folate (B ₉)	0 µg	(0%)
Vitamin E	0.88 mg	(6%)
Vitamin K	0 µg	(0%)
Minerals		
Calcium	93 mg	(9%)
Iron	3 mg	(23%)
Magnesium	62 mg	(17%)
Manganese	0 mg	(0%)
Phosphorus	184 mg	(26%)
Potassium	266 mg	(6%)
Sodium	409 mg	(27%)
Zinc	1.57 mg	(17%)
Other constituents		
Water	33 g	
Selenium	53.7 ug	
Link to USDA Database entry (https://ndb.nal.usda.gov/ndb/foods/show/8109?fgcd=&manu=&lfacet=&format=Full&count=&max=35&offset=&sort=&qlookup=28306&format=Full)		

In Sri Lanka, probably the most popular type of roti is *pol roti* (coconut roti),^[11] made of wheat flour, *kurakkan* flour, or a mixture of both, and scraped coconut. Sometimes, chopped green chillies and onion are added to the mixture before cooking. These are usually thicker and harder than other roti types. They are usually eaten with curries, or some types of *sambol* or *lunu miris* and considered a main meal rather than a supplement.

Another variety of roti popular in Sri Lanka is *kottu roti*,^[12] which is made up of *paratha* or *godamba roti*. These are cut into small pieces,^[12] small in size and rectangular or square in shape. Then on a square heating pan, vegetables and onions are fried. Eggs, cooked meat, or fish are added to fried vegetables and heated for a few minutes. Finally, the pieces of cut *paratha* are added. All these ingredients are mixed using two square pieces of steel. A peculiar sound is deliberately made while the mixing is done. The first person to make *kottu roti* is said to have made this noise to attract patrons to make them aware of the new delicacy. Depending upon what ingredients are used, the variations are vegetable, egg, chicken, beef, mutton, and fish *kottu roti*.^[13] It is sometimes prepared and served as a fast food dish.^[13]

Godamba roti is another variety found in Sri Lanka.^[14] Plain *godamba roti* is eaten with curry^[14] or it can also be wrapped around a savory filling.

Southeast Asia

In Indonesia and Malaysia, the term encompasses all forms of bread, including Western-style bread, as well as the traditional Indian breads.

In Thailand, โรตีสี่ refers to the *maida paratha*—known in Indonesia as *roti maryam*, *roti cane*, or *roti konde*, in Malaysia as *roti canai*, and in Singapore as *roti prata*.

Caribbean

Roti is eaten widely across the Caribbean, especially in countries with large Indo-Caribbean populations such as Trinidad and Tobago,^[15] Guyana, Suriname, and Jamaica.^{[16][17]} Originally brought to the islands by indentured laborers from the Indian subcontinent, roti has become a popular staple in the culturally rich cuisines of these countries. In the Caribbean, roti is commonly eaten as an accompaniment to various curries and stews. The traditional way of eating roti is to break the roti by hand, using it to sop up sauce and pieces of meat from the curry. However, in the Caribbean, the term roti may refer to both the flatbread (roti) itself and the more popular street food item, in which the roti is folded around a savory filling in the form of a wrap.

The roti wrap is the commercialization of roti and curry together as a fast-food or street-food item in the Caribbean. This wrap form of roti originated in southern Trinidad. It was first created in the mid-1940s by Sackina Karamath, who later founded Hummingbird Roti Shop in San Fernando, Trinidad and Tobago. The wrap was convenient, as the meal could be eaten faster and while on the go, as well as keeping one's hands from getting dirty. In Trinidad and Tobago, various wrapped roti are served, including chicken, conch, goat, beef, and shrimp. Vegetables can also be added including potato, pumpkin, and spinach as well a variety of local condiments, with pepper sauce (hot sauce) and mango chutney being the most popular.

Units

µg = micrograms • mg = milligrams

IU = International units

[†]Percentages are roughly approximated using US recommendations for adults.

Source: USDA Nutrient Database (<https://ndb.nal.usda.gov/ndb/search/list>)



A Thai "โรตีสี่กล้วยไข่ /roti: klɔ̀aj khàj/":
roti with banana and egg, drizzled
with sweetened condensed milk

The roti wrap quickly gained popularity across the island and spread throughout the rest of the Caribbean. Roti shops are now abundant in Trinidad and Tobago, Guyana, Suriname, Jamaica, the United States, Canada, the United Kingdom, and the Netherlands, and the wrapped roti a staple street food. The wrap is now simply referred to as a roti or just roti. As Indo-Caribbeans moved to North American cities such as Toronto, New York City, Miami, Los Angeles, and Montreal, they exported with them the wrapped version of roti. This iconic version is what most North Americans know as roti. The growth in popularity has recently led to referring to the flatbread itself (roti) that surrounds the filling as a "roti skin" or "roti shell", a practice that is now common in both restaurants and commercial companies.

Various types of roti are eaten throughout the West Indies. They are most prominently featured in the diets of people in Trinidad and Tobago, Guyana, Jamaica, and Suriname. Caribbean-style roti is primarily made from wheat flour, baking powder, salt, and water, and cooked on a *tawa*. Certain rotis are also made with ghee or butter.



A roti wrap with boiled egg and smoked chicken in the Netherlands

Roti in Trinidad and the Leeward Islands

Food	Image	Description
Sada roti		This is a plain roti, made of white flour. It is the simplest roti to make, and is the most commonly consumed roti in Trinidad. It is a popular breakfast option there, ^[18] and is enjoyed in combination with various curried meat and vegetable dishes. This type of roti is a staple food consumed for both breakfast and dinner by Trinidadians.
Paratha roti		A layered roti made with butter, usually ghee (clarified butter), but any butter can be used. ^[19] Ghee is rubbed on both sides, then it is cooked on a <i>tawa</i> (a round, flat metal griddle used in Indian cooking). This gives the roti a crisp outside and small patches of light browning. When the roti is almost finished cooking, the cook begins to beat the roti while it is on the <i>tawa</i> , causing it to become light and flaky. <i>Paratha roti</i> is more rich and flavorful than plain roti. <i>Paratha</i> is enjoyed with almost any accompaniment. As with other rotis, it is commonly eaten with curries and stews. It is also traditionally eaten with fried eggs or egg dishes and a cup of tea. In Trinidad, <i>parathas</i> are colloquially called "buss-up shut" ("busted-up shirt") because the roti resembles a tattered and torn-up shirt.
Puri		This is a roti where two layers are rolled out together and cooked on the <i>tava</i> . It is also rubbed with oil while cooking. This type of roti is eaten with a special <i>halva</i> when a child is born.
Dhalpuri ^[20]		A roti with a stuffing of ground yellow split peas, cumin (geera), garlic, and pepper: The split peas are boiled until they are <i>al dente</i> and then ground in a mill. The cumin is toasted until black and also ground. The stuffing is pushed into the roti dough, and sealed. When rolled flat, the filling is distributed within the roti. It is cooked on the <i>tava</i> and rubbed with oil for ease of cooking. This type of roti is most commonly eaten with a variety of curries. It is also the roti of choice for the making of wrap rotis.
Wrap roti		A popular wrap made by folding a combination of meat and vegetable curries inside of a dhalpuri roti: The curry or stew often contains potatoes and/or chickpeas as a filler as well as the essential meat component, although vegetarian options are common as well. Popular fillings include curried chicken, goat, conch, duck, beef, shrimp, and vegetable. An assortment of optional condiments are also common such as pepper sauce and mango chutney.
Aloopuri		A roti similar to a <i>dhalpuri</i> , but with <i>aloo</i> (potato) substituted for the <i>dhal</i> . The <i>aloo</i> is boiled and milled, and spices and seasonings are added before being sealed in the dough. This <i>aloo</i> filling is also used when making <i>aloo</i> pie or <i>aloo choka</i> .

Guyana

Dotsi roti is common in Guyana.^[a] A small amount of fat is placed in each piece of dough before it is rolled out to make the roti softer. Usually, vegetable oil is used, but butter, or margarine can also be used. Ghee is not used in everyday cooking, but is used on special occasions, especially amongst Hindus. The roti is usually clapped by hand or beaten a bit, hot off the *tava*, so it softens but does not break.

- A good roti in Guyana is very soft, with layers (almost like pastry layers if possible), which remains whole.
- The type of roti is determined by what is placed in the dough before it is rolled out. Various types include *dhalpuri*, *aloo* (potato) roti, and even sugar (to keep the kids busy, while the mother finishes cooking).

- In Guyana, a rolled-out, thin, flat dough like a roti that is deep-fried in ghee is called a *puri*, and is only made for Hindu religious gatherings. Therefore, a *dhalpuri* is not really a puri, as a *puri* and a roti are two different things.
- Another item prepared like roti is bake or bakes or floats. A Guyanese or Trinidadian fry bake seems to be more similar to an Indian puri. A bake is made with butter or margarine and has a different ratio of flour to fat. It is made much quicker than roti and is usually made in the mornings. Dough is rolled out and cut into shapes or rolled into small rounds. Guyanese bakes are fried, but bakes from other parts of the West Indies can be baked in an oven. Bakes are usually paired with a quick fry-up for breakfast or dinner, stewed saltfish, or eggs ("western" style, with onions, tomatoes, green peppers). Bakes are also made in other parts of the West Indies, including Trinidad, Barbados, and St. Vincent. In Trinidad and Tobago, a "bake and shark" is a popular street-food sandwich in which fried shark is placed between two halves of a sliced bake with local condiments. Pepper sauce, *shado beni*, garlic sauce, tamarind, and mango chutney are most common, as well as lettuce, tomato, and cucumber for fillers.



Guyanese roti, clapped and ready to be eaten

Suriname

In Suriname, roti refers mainly to *dhalpuri* or *aloo puri*. It is most often eaten with curried chicken. As in Trinidad and the West Indies, roti can also refer to the stuffed roti wrap. This dish is usually eaten out of hand. Due to a mass emigration of Indian Surinamese in the 1970s, roti became a popular take-out dish in the Netherlands. It usually includes chicken curry, potatoes, a boiled egg, and various vegetables, most notably the *kousenband* or yardlong bean. Another variation includes shrimp and aubergine. The meat with gravy, potatoes, egg, and yardlong beans are served side by side on a plate, with the *aloo puri* folded in fours on top.

South Africa

Roti, pronounced "rooti" in Cape Town, was initially introduced to South Africa by Indian migrants during the 19th century, and subsequently became incorporated into Cape Malay cuisine. It is widely eaten by the Indian and Cape Malay communities living in South Africa, and is either eaten as a flat bread or a wrap with locally made curries.

See also

- Bhatura
- Jolada rotti
- Kottu roti
- Kulcha
- Luchi
- Tortilla

Notes

- "... most Guyanese are unaware that there are different types of roti, which is the staple food in the diet of Indo-Guyanese. ROTI Table 1 shows the differences between eight different types of roti as used by Indo-Guyanese: paratha, dosti, cassava, daalpuri, aluu, chotha, puri and sada."^[21]

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